

**First Aid for
Mental Health
Crises**

Project
LETS



This guide belongs to:

Purpose

- 1) to understand your mental health during a crisis
- 2) create a network of support during a crisis
- 3) help others understand how to best support you during a crisis

You can hand out copies to your friends, family, and community.



Emergency Contacts

Name:
Relationship:
Number:

Name:
Relationship:
Number:

DO NOT CALL:

I ☐ do / ☐ do not have a
Psychiatric Advance Directive

Location:
Who has it?:

I ☐ do / ☐ do not have an
existing Crisis and Safety Plan

Location:
Who has it?:

**What are the things
people should know about
your mental health crisis?**

*ex. signs, what happens in
your body or mind*

**How can people support
you during a mental health
crisis? What strategies do
you recommend?**

*ex. leave me alone,
communicate via writing*

**What helps you feel
safe or comforted?**

**Names of any mental
health providers, healers,
or community advocates:**

Current meds & dosages:



Notes

